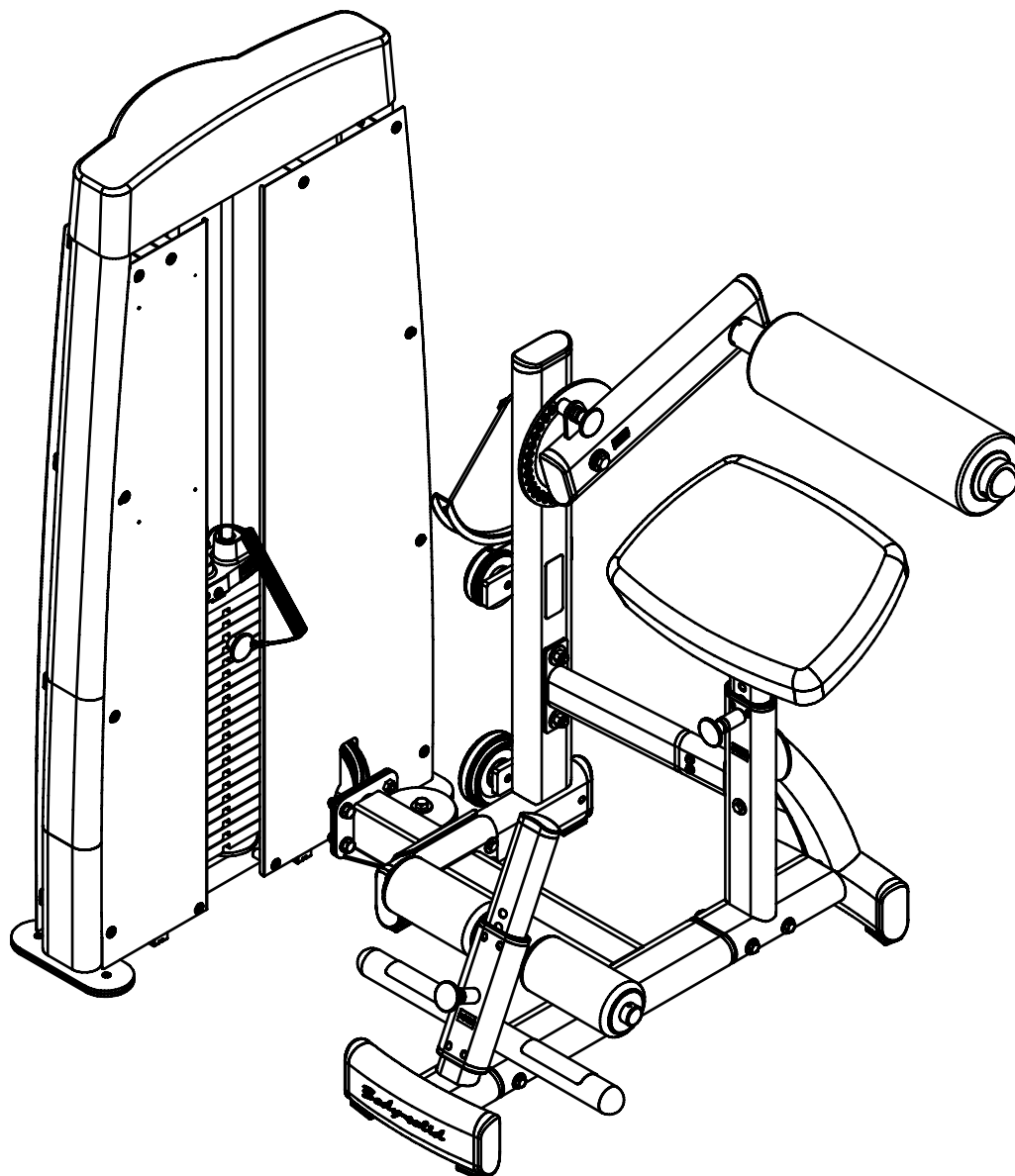


Body-Solid

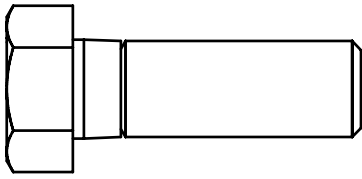


BODY-SOLID, Inc.
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA
Phone: (708) 427-3555
Fax: (708) 427-3556
www.bodysolid.com

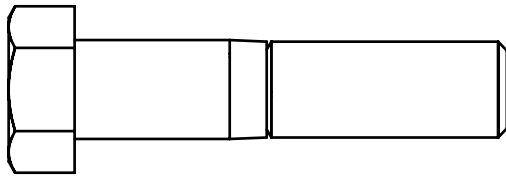
DABB.1 OWNER'S MANUAL

DABB ASSEMBLY INSTRUCTIONS

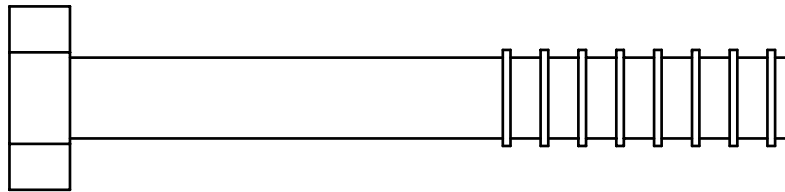
HARDWARW ILLUSTRATION



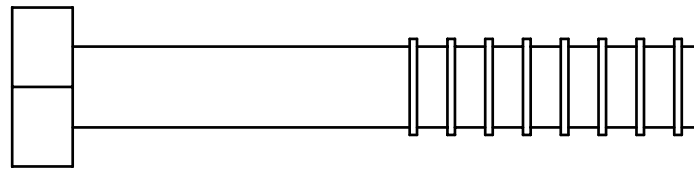
(A1)HEX BOLT 1/2"X1-1/2"L PARTIAL QTY.3



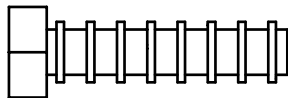
(A2)HEX BOLT 1/2"X2-1/4"L PARTIAL QTY.1



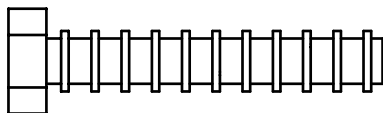
(A3)HEX BOLT 1/2"X3-3/4"L PARTIAL QTY.2



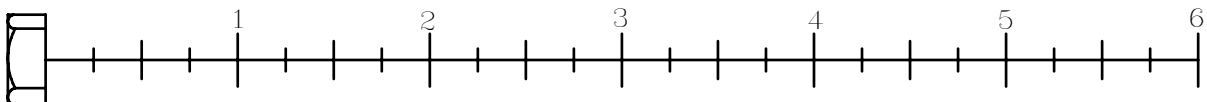
(A4)HEX BOLT 3/8"X3-1/4"L PARTIAL QTY.3



(A5)HEX BOLT 5/16"X1-1/4"L PARTIAL QTY.4

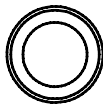


(A6)HEX BOLT 5/16"X1-3/4"L PARTIAL QTY.1

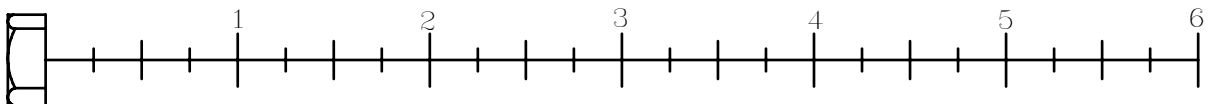


DABB ASSEMBLY INSTRUCTIONS

HARDWARW ILLUSTRATION

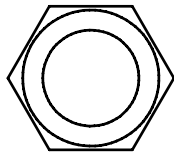
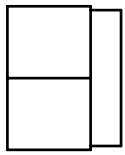


(A7)STEEL BUSHING Ø1/2"XØ8.5X21L QTY.1

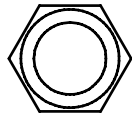
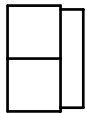


DABB ASSEMBLY INSTRUCTIONS

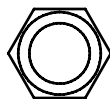
HARDWARW ILLUSTRATION



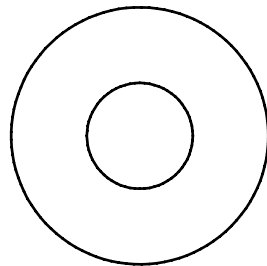
(B1)NYLON LOCK NUT1/2" QTY.6



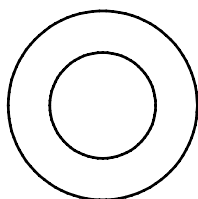
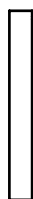
(B2)NYLON LOCK NUT 3/8" QTY.3



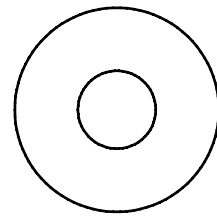
(B3)NYLON LOCK NUT 5/16" QTY.1



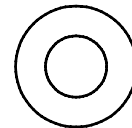
(C1)1/2"(I.D.)FLAT WASHER Ø34 QTY.6



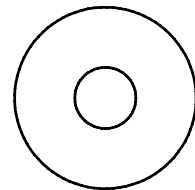
(C2)1/2"(I.D.)FLAT WASHER Ø25 QTY.6



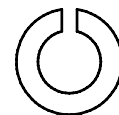
(C3)3/8"(I.D.)FLAT WASHER Ø27 QTY.6



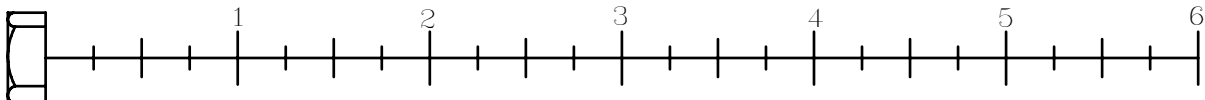
(C4)5/16"(I.D.)FLAT WASHER Ø16 QTY.2



(C5)5/16"(I.D.)FLAT WASHER Ø24 QTY.4



(C6)SPRING WASHER 5/16" QTY.4

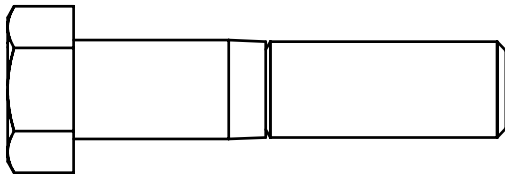


DABB ASSEMBLY INSTRUCTIONS

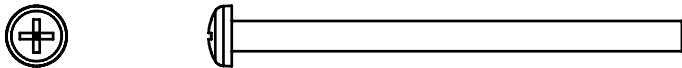
HARDWARW ILLUSTRATION



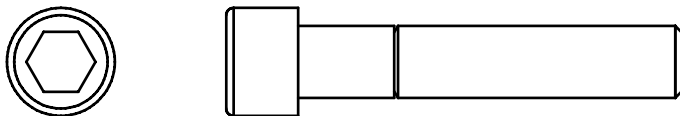
(AA1)ALLEN SCREW 5/16"X3/8"L FULL THREAD QTY.3



(AA2)HEX BOLT 1/2"X2-1/4"L PARTIAL QTY.3



(AA3)ROUND INNER HEX SCREW M4X65L PARTIAL QTY.2



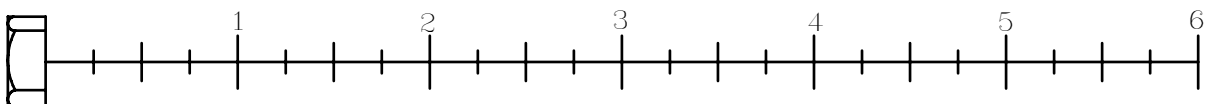
(AA4)ROUND INNER HEAD 3/8"X2"L PARTIAL QTY.1



(AA5)ROUND INNER HEX SCREW M6X20L PARTIAL QTY.20

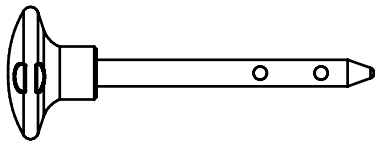


(AA6)ROUND CROSS SCREW 5/32"X1/4"L PARTIAL QTY.4

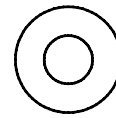


DABB ASSEMBLY INSTRUCTIONS

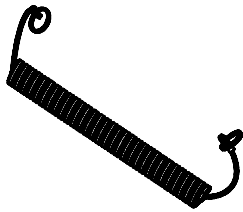
HARDWARW ILLUSTRATION



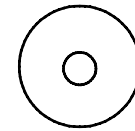
(AA7)10LB PIN(8250-071) QTY.1



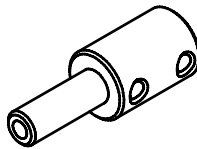
(CC2)M6(I.D.)FLAT WASHER Ø13 QTY.20



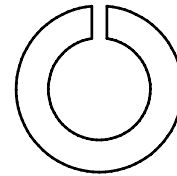
(AA8)ELASTIC BOLT QTY.1



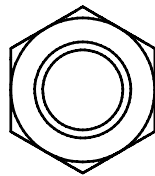
(CC3)M4(I.D.)FLAT WASHER Ø12 QTY.2



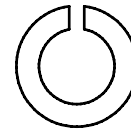
(AA9)WEIGHT STACK CABLE (8260-009) QTY.1



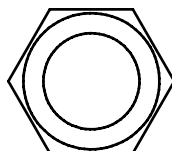
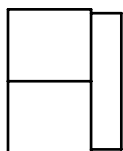
(CC4)SPRING WASHER 1/2" QTY.1



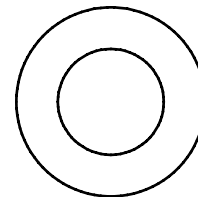
(BB1)NUT 1/2"-13UNC QTY.1



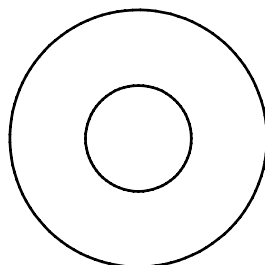
(CC5)SPRING WASHER 3/8" QTY.1



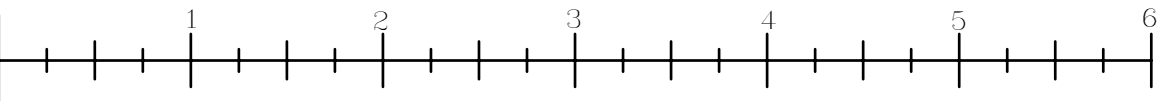
(BB2)NYLON LOCK NUT1/2" QTY.3



(CC6)1/2"(I.D.)FLAT WASHER Ø25 QTY.2



(CC1)1/2"(I.D.)FLAT WASHER Ø34 QTY.4

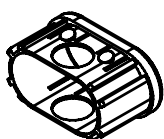


DABB ASSEMBLY INSTRUCTIONS

HARDWARW ILLUSTRATION

D1	D2	(D1)Ø3/4"X13.5X8L STEEL BUSHING(8110-014)-----[2PCS]
		(D2)Ø38"XØ25.2X27L STEEL BUSHING(8130-159) -----[1PCS]
D3	D4	(D3)Ø30"XØ20X1.5t CU WASHER(8520-007) -----[1PCS]
		(D4)Ø38"XØ26X1.5t CU WASHER(8520-008) -----[1PCS]
		(D5)95X140L RUBBER PAD(9310-035) -----[2PCS]
		(D6)Ø50 ROUND END CAP(9211-074) -----[3PCS]
		(D7)50X100 NYLON BUSHING(9211-107)-----[2PCS]
		(D8)58X116X2.5t FOOT CAP(9211-108) -----[6PCS]
		(D9)58X116X2.5t END CAP(9211-112) -----[3PCS]
		(D10)40X80X2t END CAP(9211-113) -----[1PCS]
		(D11)Ø4" PULLEY(9213-017A) -----[2PCS]
		(D12)Ø4 1/2" PULLEY(9213-010B) -----[5PCS]
		(D13)Ø75X3tXØ26 NYLON WASHER(9214-008) -----[4PCS]
		(D14)Ø90XØ51X3t NYLON WASHER(9214-022)-----[2PCS]
		(D15) 207X105X23 PULLEY CAP(9211-115) -----[1PCS]
		(D16)Ø131X30 PULLEY CAP(9211-116)-----[1PCS]
D5	D6	(D17)3485mm STEEL CABLE -----[1PCS]
		(D18)Ø3/4" SHAFT COLLAR(9211-046) -----[2PCS]
		(D19)Ø4"RUBBER DOUNT(9310-017) -----[2PCS]
		(D20)TOP PLATE(8400-006) -----[1PCS]
		(D21)WEIGHT SELECTOR BAR(8210-042) -----[1PCS]
		(D22)95X250 RUBBER PAD(9310-060) -----[2PCS]
		(D23)DABB FOR DGYM STEEL CABLE(FDABBB) -----[1PCS]

D7



D8



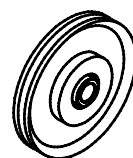
D9



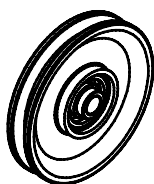
D10



D11



D12



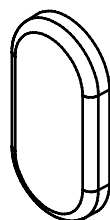
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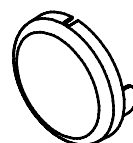
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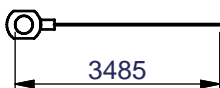
D15



D16



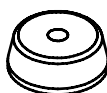
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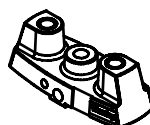
D18



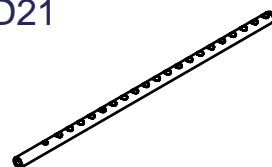
D19



D20



D21



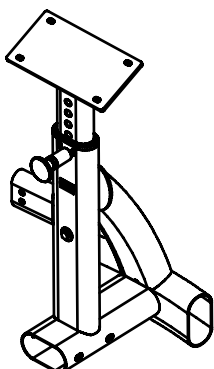
D22



DABB ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION

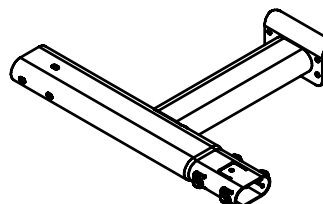
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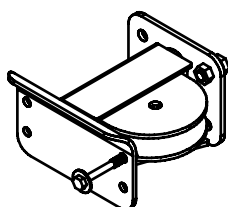
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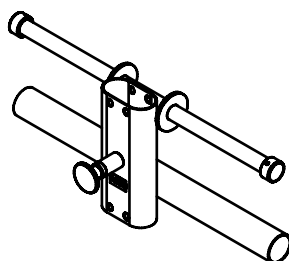
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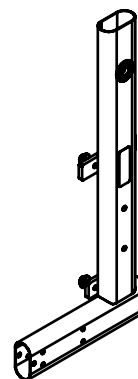
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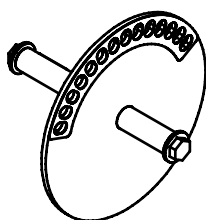
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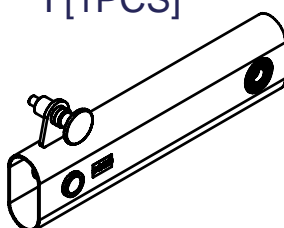
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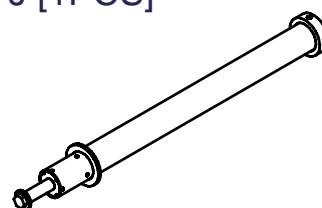
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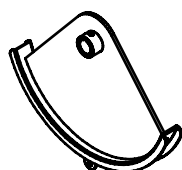
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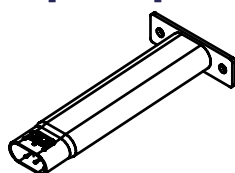
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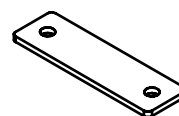
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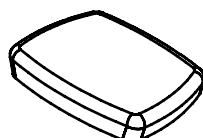
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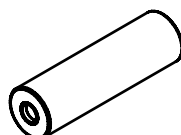
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8321-091



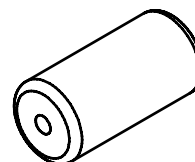
N [1PCS]
9122-039



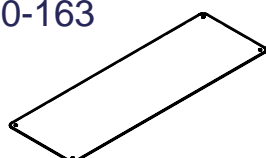
O [1PCS]
9161-047



P [2PCS]
9161-032



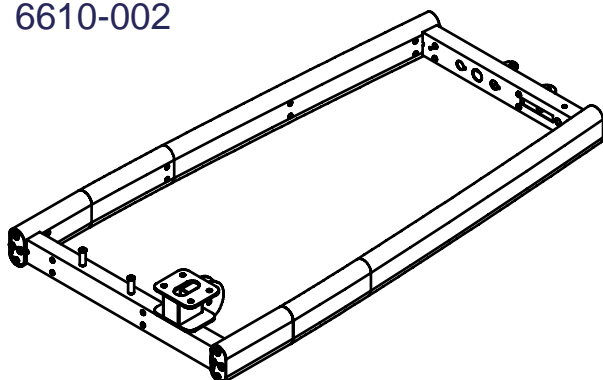
Q [1PCS]
9440-163



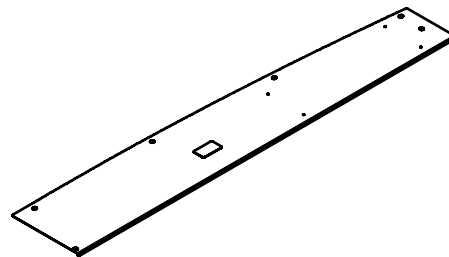
DABB ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION

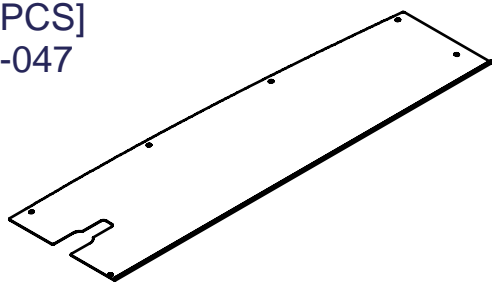
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6610-002



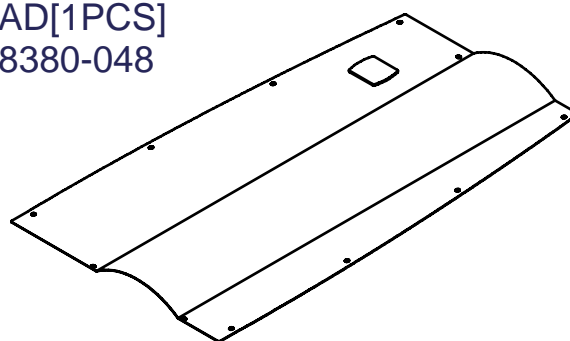
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8380-046



AC[1PCS]
8380-047



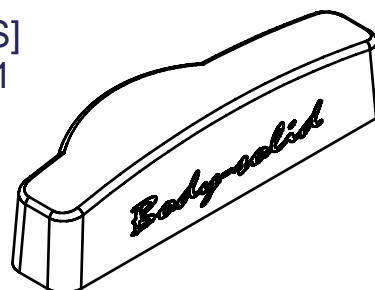
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8380-048



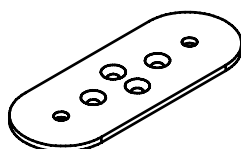
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260158A $\varnothing 3/4"$ X1.6tX1407L



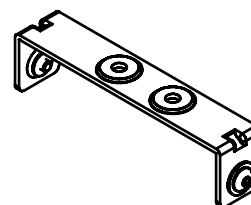
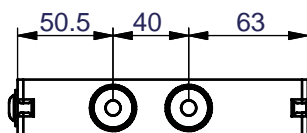
AF[1PCS]
9211-111



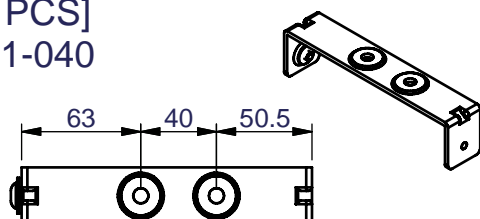
AG[2PCS]
8313-144



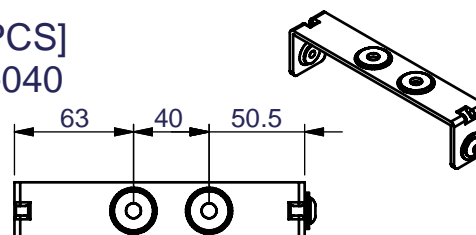
AH[9PCS]
8321-040



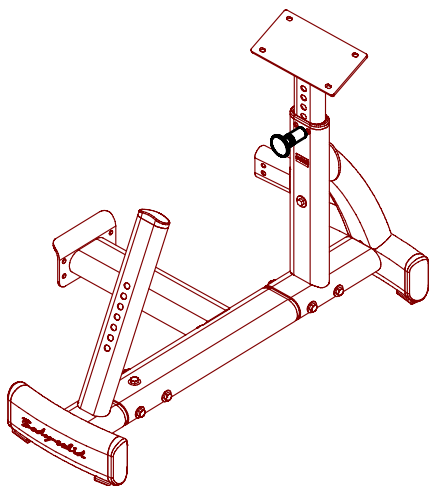
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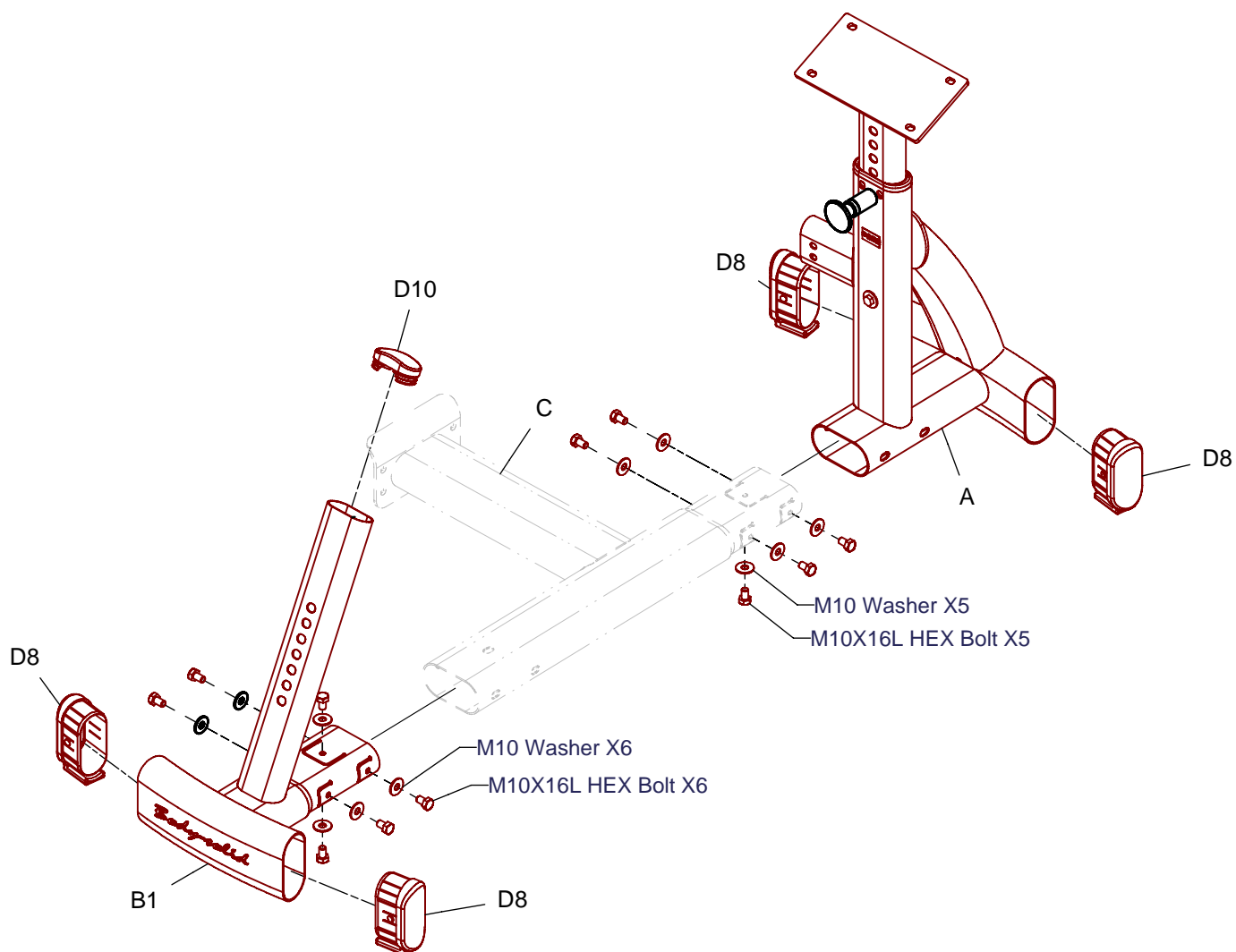
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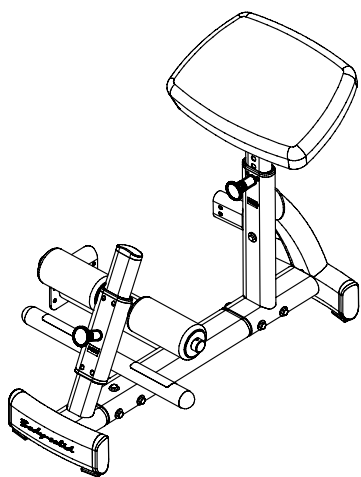
DABB ASSEMBLY INSTRUCTIONS



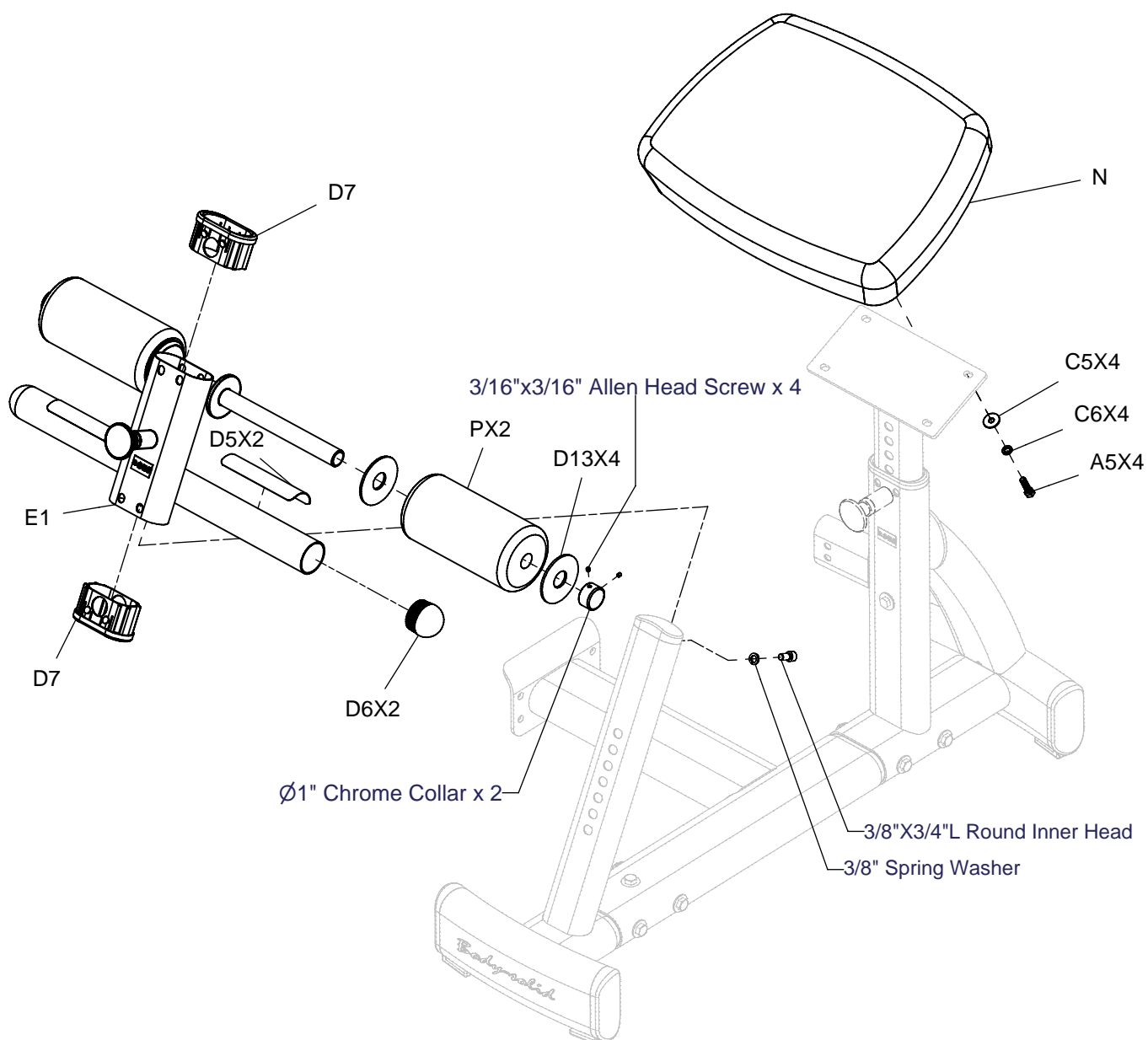
Above shows STEP 1
assembled and completed



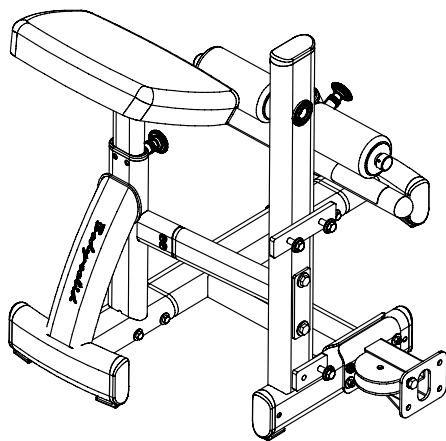
DABB ASSEMBLY INSTRUCTIONS



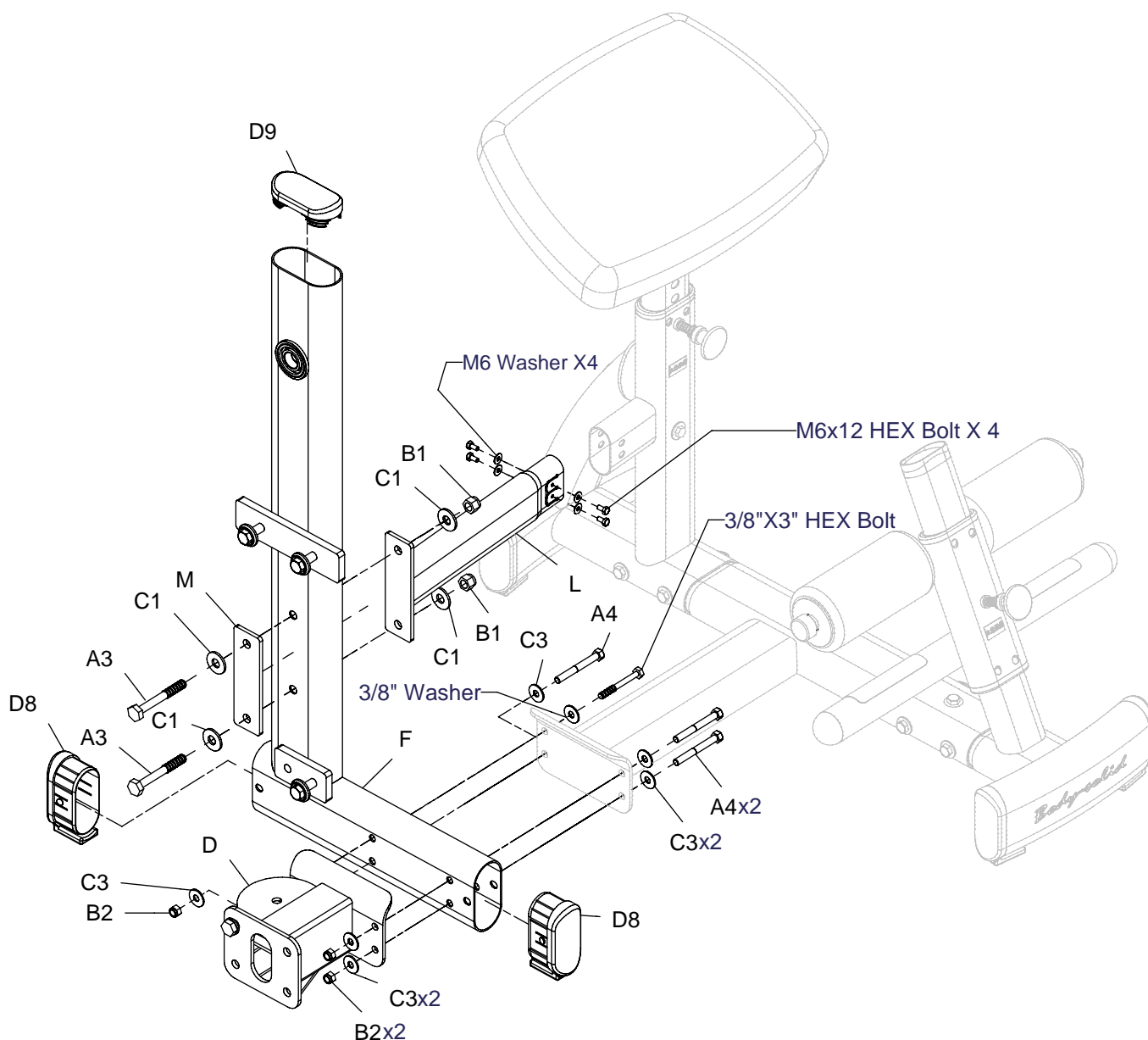
Above shows STEP 2
assembled and completed



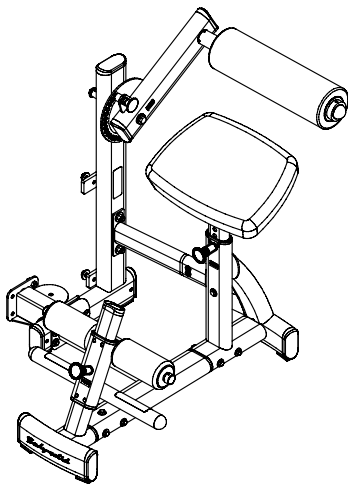
DABB ASSEMBLY INSTRUCTIONS



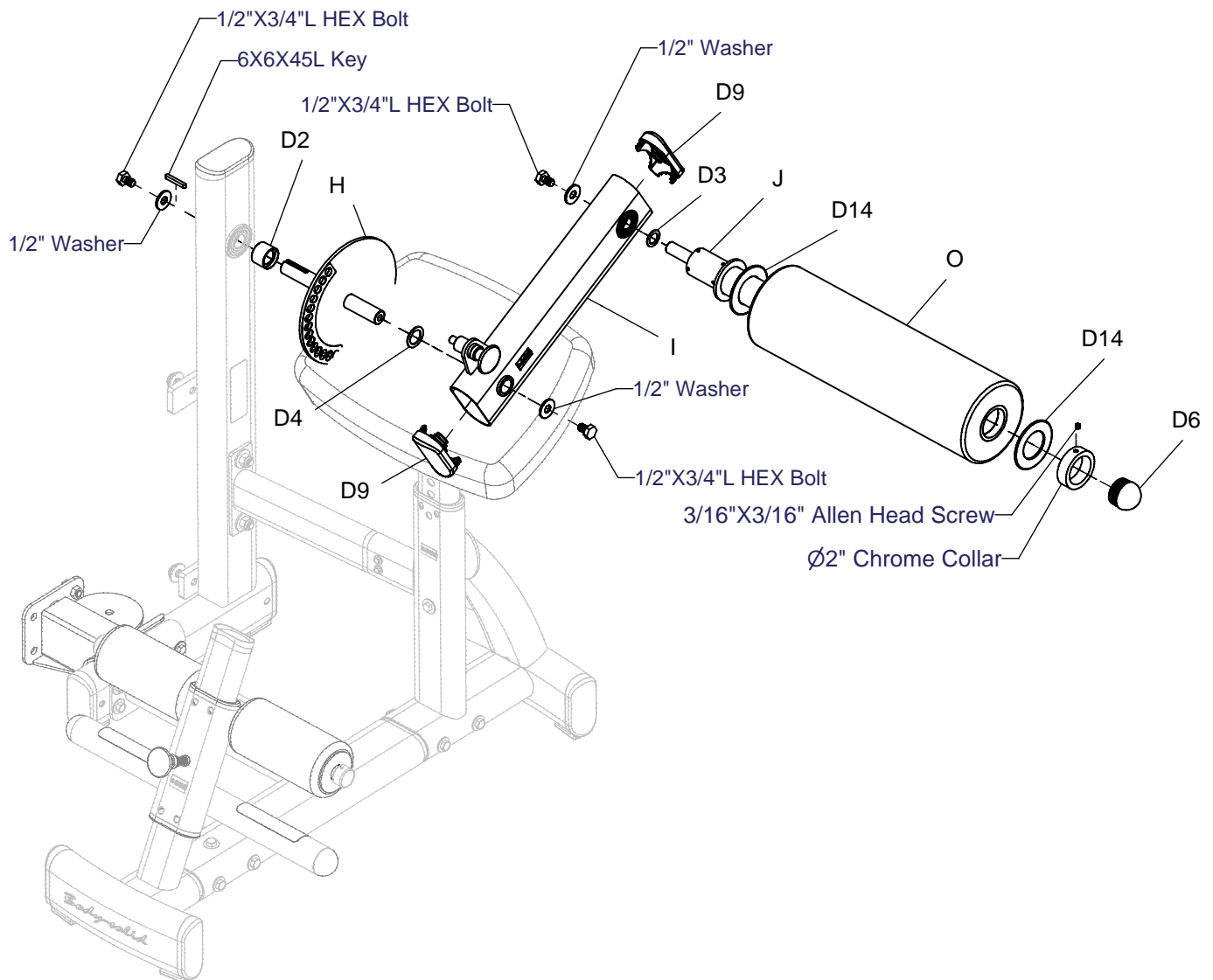
Above shows STEP 3
assembled and completed



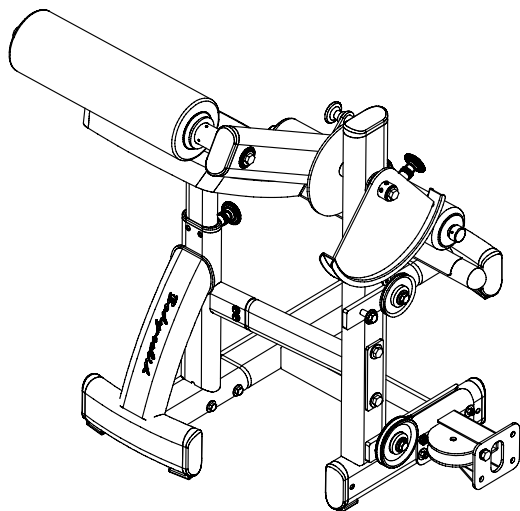
DABB ASSEMBLY INSTRUCTIONS



Above shows STEP 4
assembled and completed

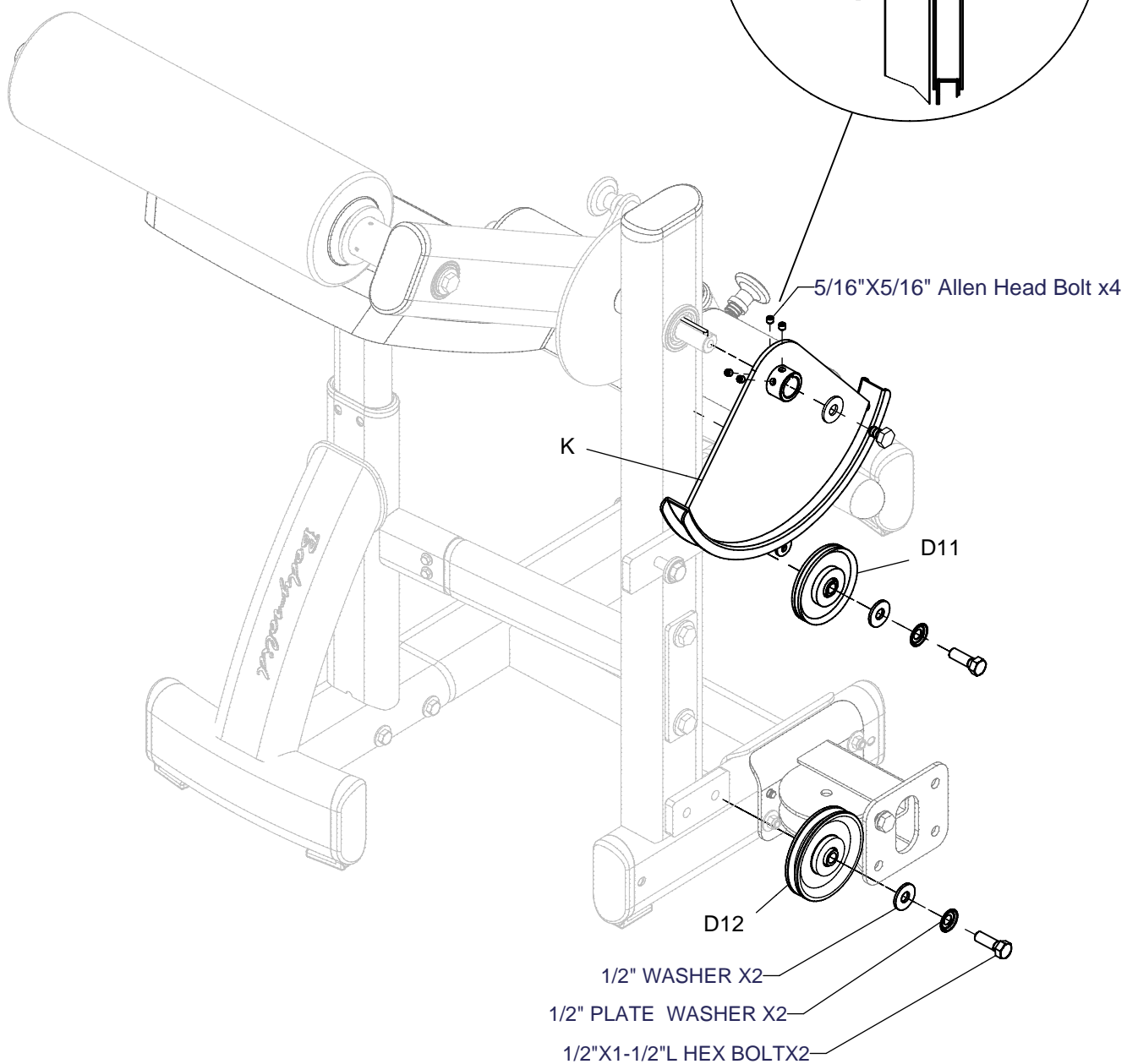
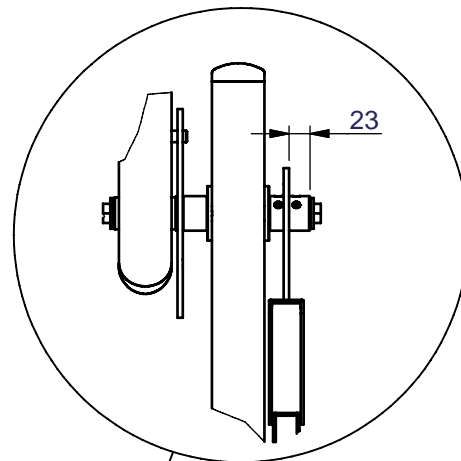


DABB ASSEMBLY INSTRUCTIONS

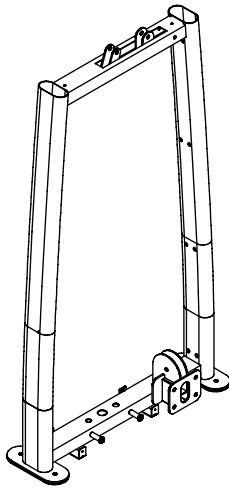


Above shows STEP 5
assembled and completed

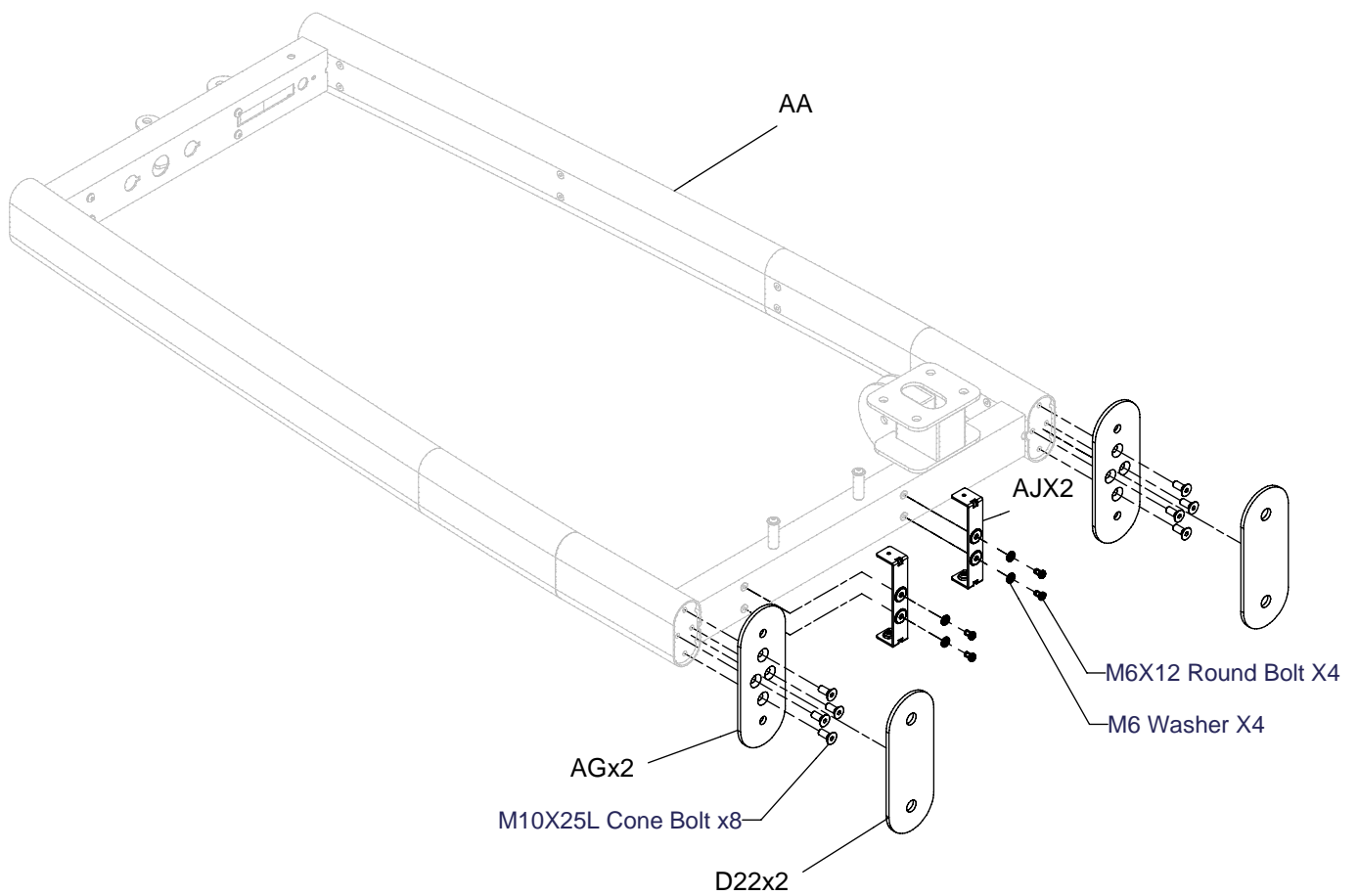
Detail View



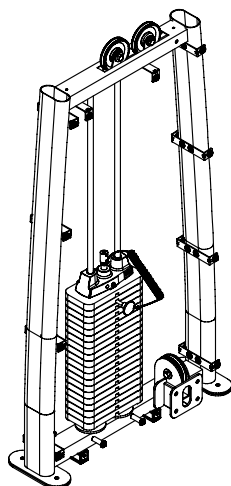
DABB ASSEMBLY INSTRUCTIONS



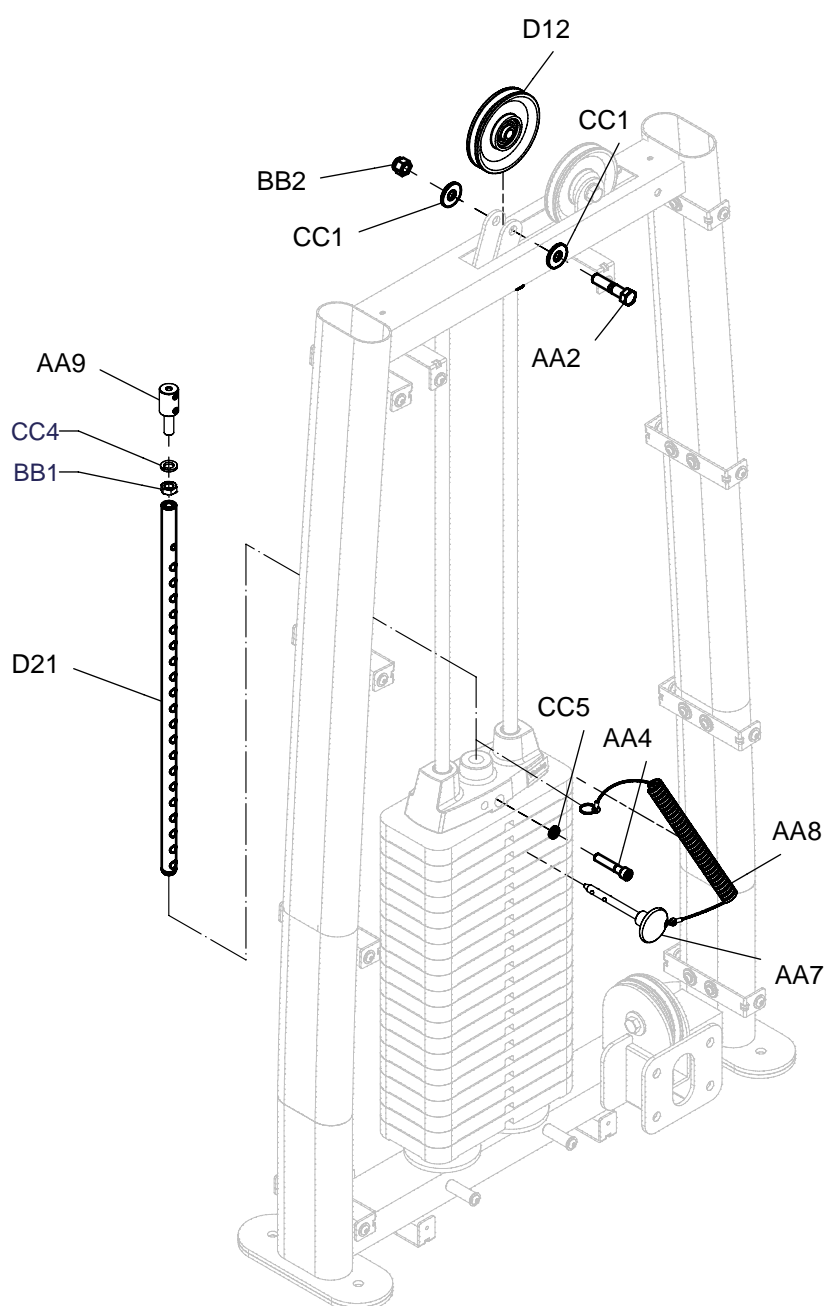
Above shows STEP 6
assembled and completed



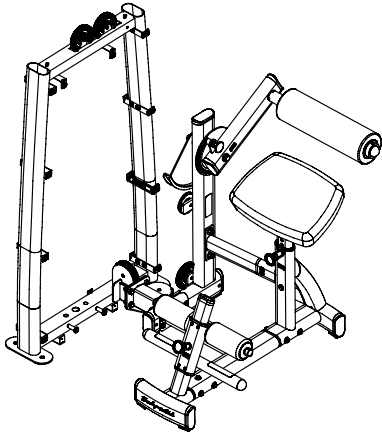
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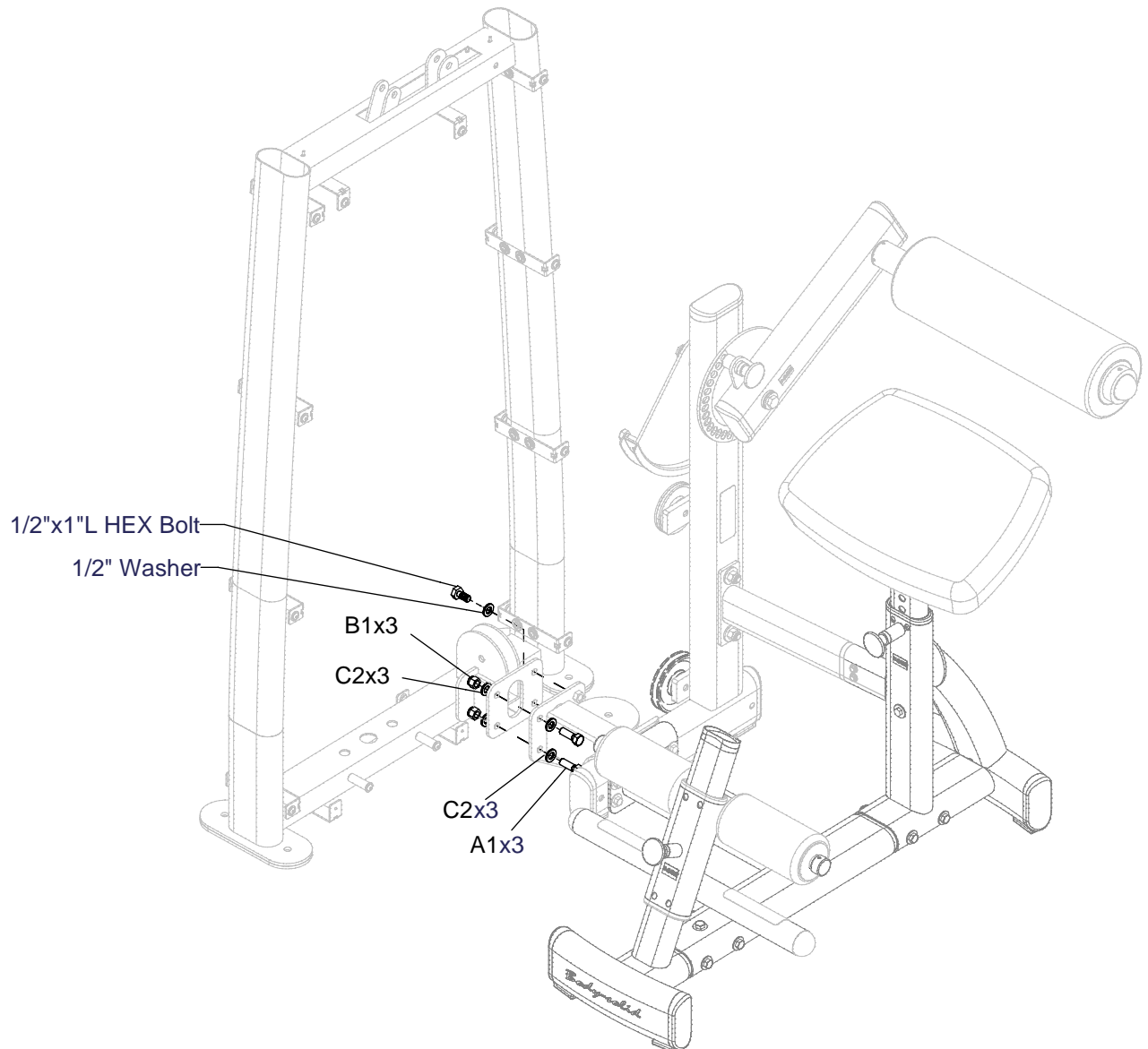
Above shows STEP 8
assembled and completed



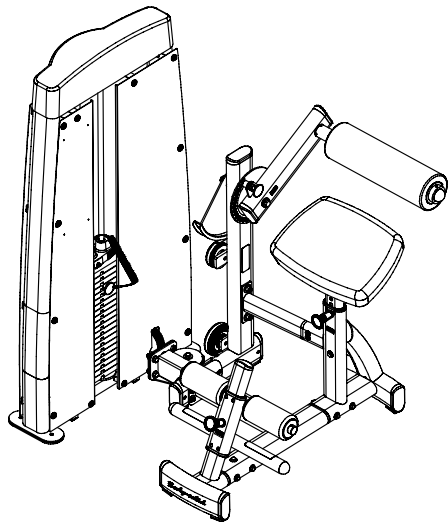
DABB ASSEMBLY INSTRUCTIONS



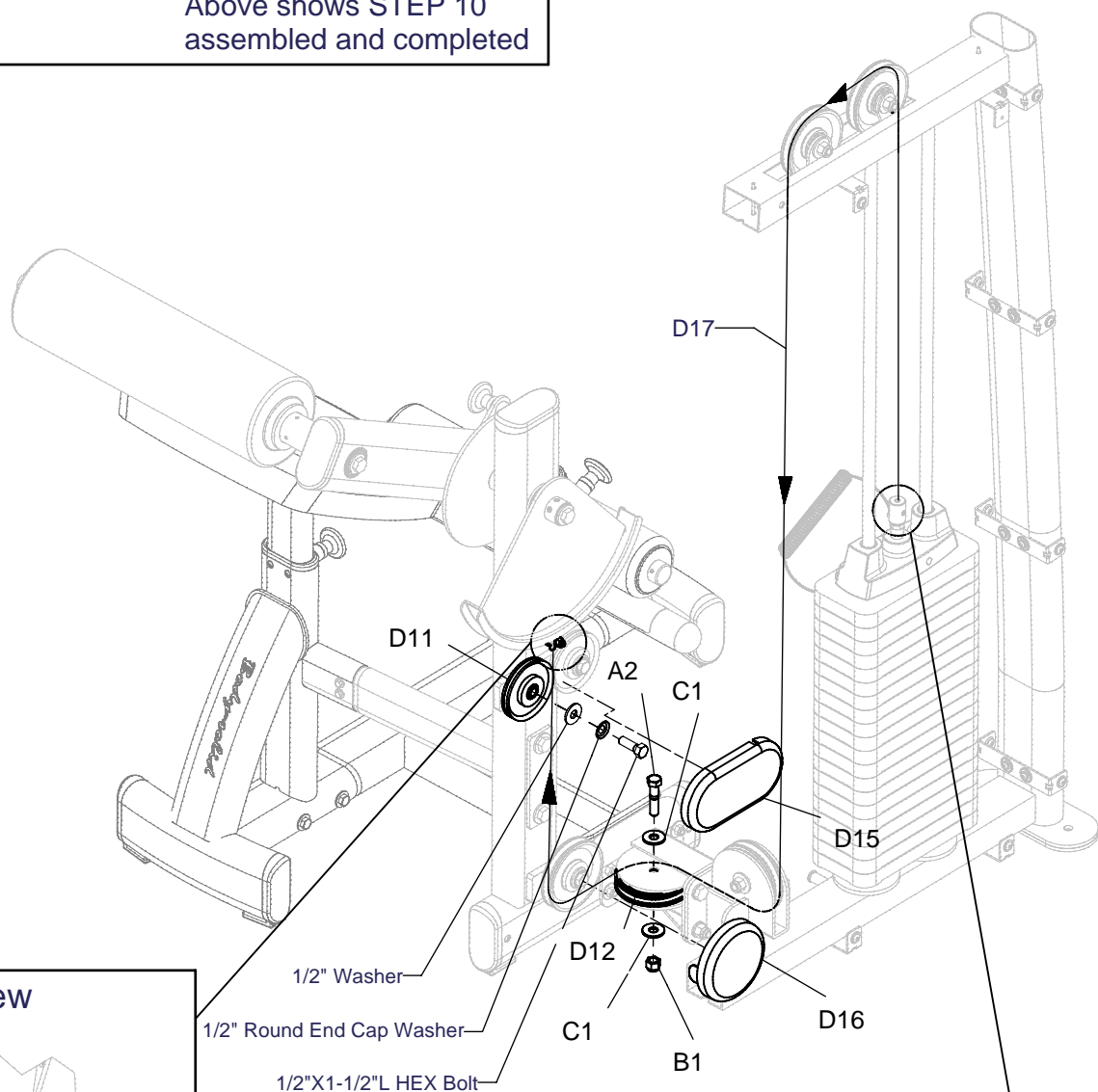
Above shows STEP 9
assembled and completed



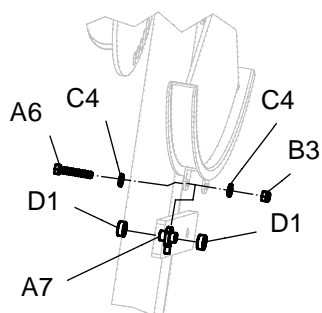
DABB ASSEMBLY INSTRUCTIONS



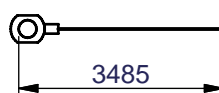
Above shows STEP 10
assembled and completed



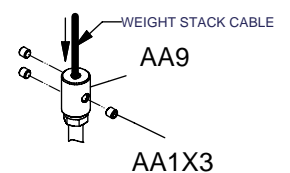
Detail View



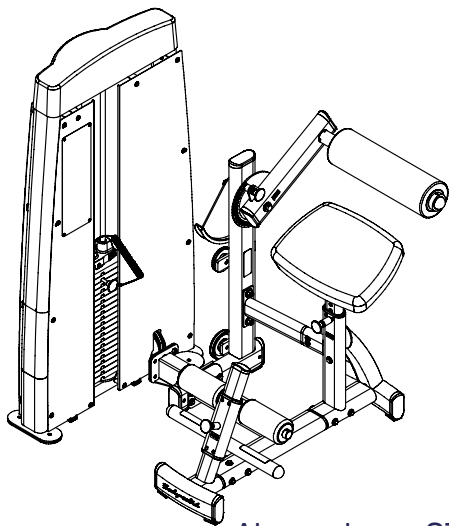
D17.



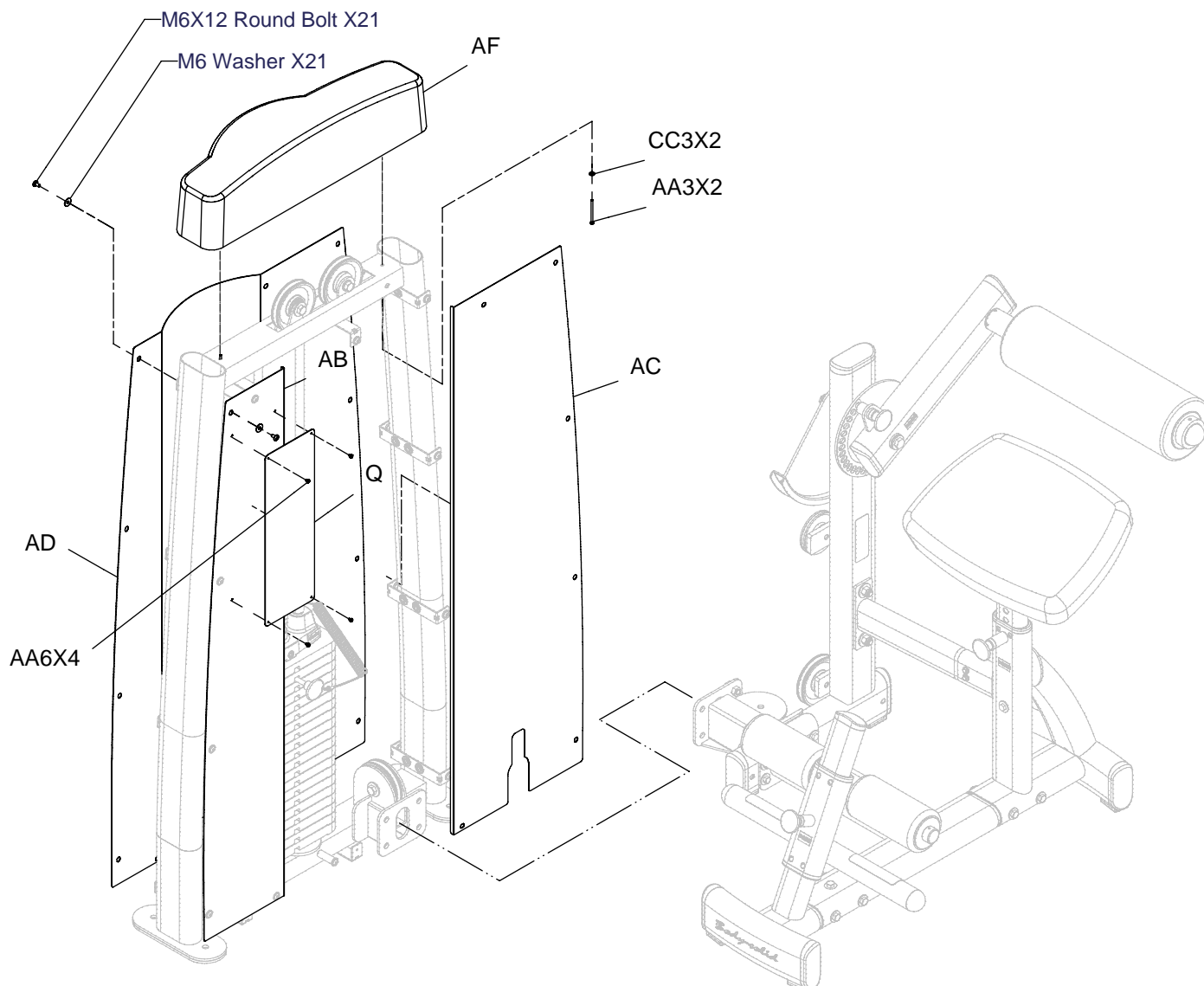
Detail View



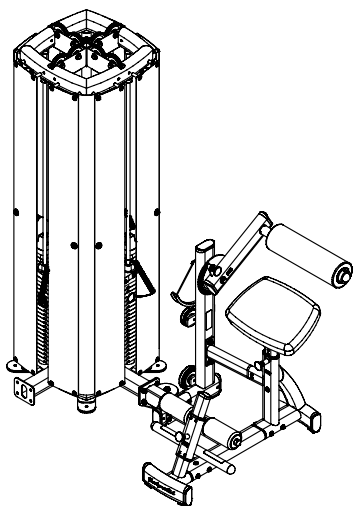
DABB ASSEMBLY INSTRUCTIONS



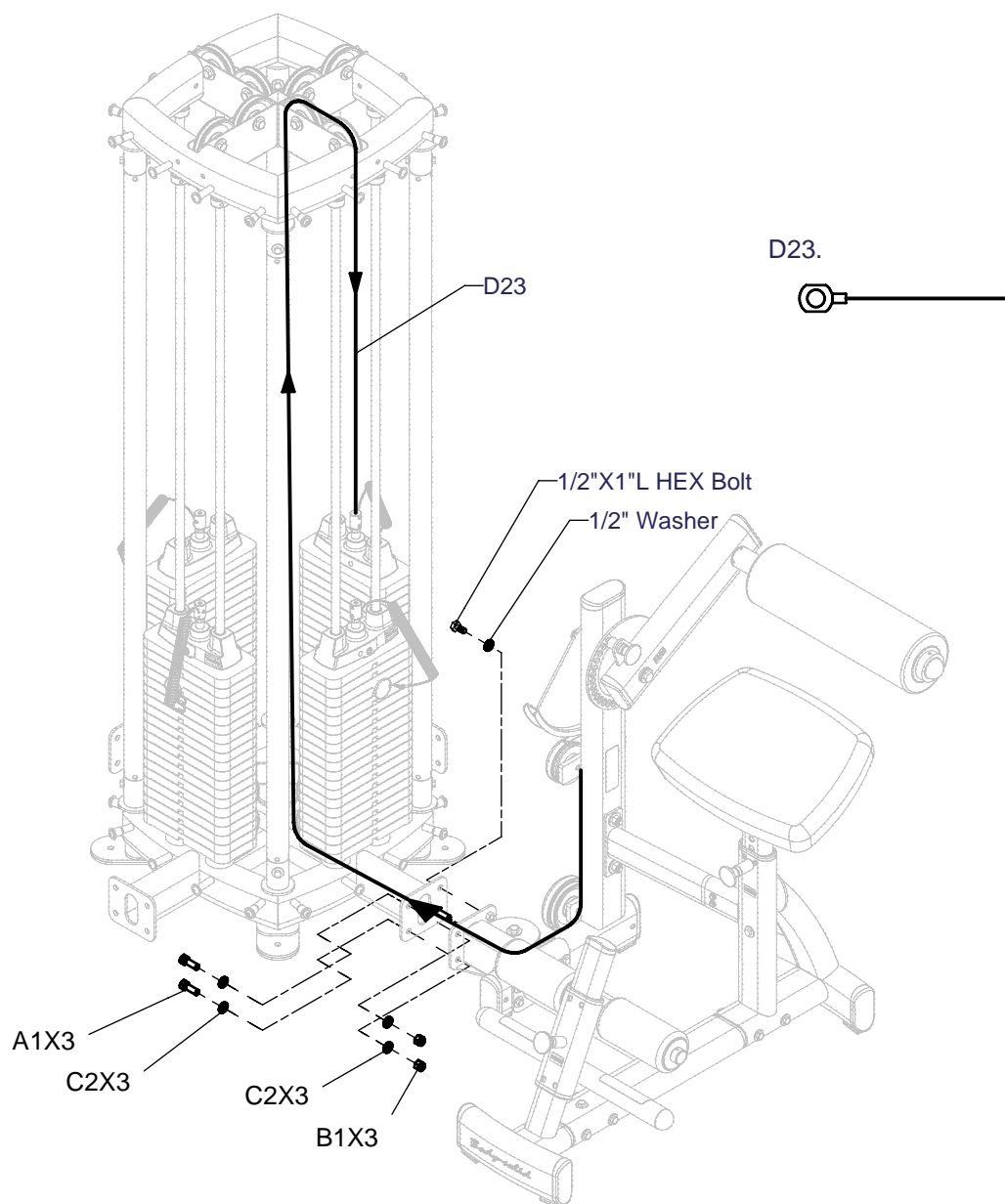
Above shows STEP 11
assembled and completed



DABB ASSEMBLY INSTRUCTIONS



Above shows STEP 12
assembled and completed



DABB ASSEMBLY INSTRUCTIONS

